ANNUAL REPORT

of the Medical Officer of Health of the Felixstowe & Walton Urban District.

To the Chairman and Members of the Felixstowe and Walton Urban District Council.

Gentlemen,

I have the honour to present to you my Annual Report for the year ending December 31st, 1911.

MORTALITY.

A perusal of our vital statistics shews that the death rate for our district is the lowest on record, being only 8·3 per 1,000 as compared with 8·6 last year; the general rate for the whole of England and Wales being 14·6. The total deaths registered in the district were 76, of whom 11 were assignable to other areas, and to the remaining 66 have to be added 7 deaths of residents who died outside the district, the net total properly assignable to the district being 72.

Of the 11 deaths which are not entered upon Table III, the causes and ages were as follows :—

Paraplegia	1 case,	aged	64	years.
Psilosis	1 ,,	,,	56	,,
Sprue	1 ,,	,,	61	,,
Fatty degeneration of heart	1 ,,	,,	59	,,
Septic Thrombosis Cavernous sinus	1 ,,	,,	39	,,

Suicide by throat cutting	1	case,	aged	40 years
Pulmonary Tuberculosis	1	,,	,,	18 ,,
Diabetic Coma	1	,,	,,	14 ,,
Leukaemia	1	,,	,,	4 ,,
Gastro-Enteritis	1	,,	,,	16 months.
Suffocation by overlying	1	,,	,,	10 weeks.

BIRTHS.

The total number of Births registered during the year was 150, of whom 86 were males and 64 females. Our birth rate is thus slightly better than last year being 17·3 per 1,000 instead of 16·4. This, of course, compares unfavourably with the rate for the whole of England and Wales, which is 24·4 per 1,000.

INFANTILE MORTALITY.

The total deaths under 1 year of age were 9, giving a rate of 60 per 1,000 births registered. Thus our Infantile mortality is less than half the rate of 130 which is returned for the whole country, so that though fewer children are born, more of them survive. Thus it will be seen that our vital statistics show that Felixstowe is one of the healthiest places in England.

EPIDEMIC DISEASES.

The incidence of Epidemic disease has been very slight, only 28 cases having been notified. Eighteen of these were cases of Scarlet Fever, of which an epidemic occurred all over the country. Six cases of Diphtheria occurred, three of Erysipelas and one of Enteric Fever.

A case of Measles was notified during January, but has not been included in the statistics as it was decided to omit Measles from the list of diseases compulsorily notifiable in the district.

Two cases of epidemic Poliomyelitis occurred, one of which was imported from near Stowmarket, while in the other the source of infection could not be traced. Both of them occurred in September, and no infection appears to have spread from them. They have not been included in the tables, as the Council decided not to place this disease on the compulsorily notifiable list.

The Scarlet Fever appears to have originated in some children sent for a country holiday by a philanthropic society, and from these it spread to the Felixstowe Ferry School, through some children living in the house to which the holiday children were sent. The Ferry School was accordingly closed for a fortnight during October for cleaning and disinfection.

The case of Enteric Fever was imported from Ipswich, the patient being a visitor from that town, but the source of infection could not be ascertained.

The Diphtheria probably arose from a contact of some children residing in Cornwall Road, Walton, with some visitors' children convalescent from the disease, lodging in the same road.

The following report on the effect of the Notification of Measles in this district was prepared at the request of the Local Government Board before they decided to accept the Council's decision to omit Measles from the list of compulsorily notifiable diseases.

To the Secretary of the Local Government Board.

SIR,—The records of Measles notification date from the year 1892, during which 31 cases were notified, the first being on May 3rd and the last on August 10th.

In 1893	there were	10	cases from	Jan. 2nd	to Oct. 2nd.
,, 1894	,,	7	,,	April 2nd	,, July 2nd.
,, 1895	,,	9	,,	April 30th	,, Sept. 1st.
,, 1896	,,	150	,,	March 10th	,, Sept. 2nd.
,, 1897	,,	4	,,	May 10th	,, Aug. 8th.
,, 1898	,,	36	,,	Jan. 30th	,, Dec. 12th.
,, 1899	,,	6	,,	Feb. 14th	,, Dec. 31st.
,, 1900	,,	58	,,	Jan. 29th	,, Dec. 12th.
,, 1901	,,	153	,,	Jan. 26th	,, Dec. 27th.
,, 1902	,,	7	,,	April 16th	,, Sept. 25th
,, 1903	,,	2		on Jan. 27th	
,, 1904	,,	110	,,	Jan. 11th	,, Dec. 30th.
,, 1905	,,	24	,,	Jan. 6th	,, Dec. 21st.
,, 1906	,,	14	,,	March 30th	,, Nov. 15th.
,, 1907	,,	56	,,	Jan. 25th	,, Sept. 5th.
,, 1908	,,	8	,,	Jan. 8th	,, Aug. 27th.
,, 1909	,,	36	,,	March 25th	,, Aug. 15th.
,, 1910	,,	213	,,	Jan. 31st	,, Aug. 10th.

It will be seen from the above figures that notwithstanding notification, the Measles epidemics have continued during the greater part of the year, and except in 1896, the returns were fairly regularly distributed between the dates given. We have no record of any action taken until the epidemic of 1910, when the Council Schools and also the Sunday Schools were closed from February 7th to March 7th.

This step was taken after consultation with Dr. Stewart, the Medical Inspector of Schools for East Suffolk, but the number of notifications continued undiminished during the period of school closure, and for over a month afterwards, so that no useful purpose seems to have been served by it.

A school closure is the only possibly effective action which can be forwarded by notification, and as it seems

to have been quite useless I have advised the Council to omit Measles and incidentally German Measles from the list of diseases notifiable in this district.

The mild character of Measles in many cases disinclines many parents to summon medical aid for the children who are suffering from the disease, while its infectivity in the very early stages before it is definitely recognisable renders notification, in my opinion, of little or no value in stopping the spread of an epidemic.

The Isolation Hospital was closed until June 11th, when it was opened to admit a case of Scarlet Fever from Landguard Fort, and since that date it has been continuously occupied, 18 patients having been under care. One of these was Diphtheria, and the rest were Scarlet Fever.

Of these patients 11 were discharged before the end of the year, the average stay in Hospital being 44 days. Seven were still under treatment at the end of the year.

The total expenses for the whole year were £138 8*s*. 5*d*., the details of which are given below, and from these it can be deduced that the average expense per patient per week has been about £1 10*s*. 8*d*., a figure which compares very favourably with the rate for the previous year, which was £4 12*s*. 6*d*. The reasons for this lower average are (1) The number of patients treated was larger so that the establishment charges and fixed expenditure were divided among more individuals. (2) No special nurses were necessary, as only one class of disease required treatment at one time. (3) The charge for the Ambulance was much lower, being only 7*s*. 6*d*. per patient instead of £1 0*s*. 0*d*. (4) Less expenditure was necessary for articles of furniture, etc. The following figures supplied by the Accountant Clerk give the items of expenditure :—

HOSPITAL EXPENSES:

(Approximately from 1st April to 31st December, 1911.)

	£	s.	d.	£	s.	d.
GENERAL:—Rent	18	0	0			
Chemists' a/cs.	4	6	5			
Renovating, Repairs, etc.	7	19	5			
Lighting	4	17	6			
Ironmonger's Accounts and Sundries	1	2	7			
Coal	3	11	0			
Removal of Cases ..	3	7	6			
				43	4	5
MRS. KEDGE'S a/cs., March 31st to Dec. 31st, 1911:—						
Nurses, etc.	26	0	6			
Charwoman	15	7	6			
Grocer	9	8	4			
Butcher	8	10	9			
Fishmonger	1	10	7			
Greengrocer	0	19	5			
Baker	1	11	6			
Sundries & Furnishings ..	3	13	3			
				67	1	10
				£110	6	3
Add Expenses from 1st Jan. to 31st March, 1911:—1st April, 1910, to 31st March, 1911:—Expenses for full financial Year, as shown in Abstract of a/cs.	139	1	10			
1st Jan. to 31st March, 1911:— Deduct given as Expenses from 1st April, 1910, to 31st Dec., 1910, as per Medical Officer's Report, 1910	110	19	8			
				28	2	2
Rough Total from 1st Jan., 1911, to 31st Dec., 1911				£138	8	5

If the receipts from patients, a sum of £12 1*s.* 6*d.* be deducted from the above total, the expense of each patient per week to the district, is reduced to about £1 8*s.* 0*d.*

TUBERCULOSIS.

During the last year three cases of Tuberculosis among residents were notified from Hospitals, and the disease having now been placed on the list of those compulsorily notifiable, leaflets of instructions have been prepared for distribution among the inmates of houses in which Tuberculosis occurs. It has been customary to disinfect these houses when the patient has been removed, and the compulsory notification of the disease will give the Council greater powers in safeguarding the inhabitants from Tuberculous infection.

The total Deaths from all forms of Tuberculosis were 7, giving a rate of .8 per 1,000, which compares favourably with our rate of 1.2 per 1,000 for last year, and is considerably lower than that for the whole of England and Wales.

The compulsory notification of Tuberculosis naturally adds to the responsibilities of the Public Health Committee, and it would be well for them to reconsider their decision as to the purchase of a steam disinfector. As I have previously pointed out, disinfection of bedding and clothing after infectious disease can only be satisfactorily accomplished by means of superheated steam and the alternative of destruction is apt to be incomplete and is at best very expensive and wasteful.

DESTRUCTION OF RATS.

The system of Rat Destruction which was commenced in 1910 with a view to prevent the occurrence of plague has been continued, though the professional ratcatchers have not been employed since the end of January, 1911. During that month 55 rats were destroyed by the ratcatchers from January 1st to January 16th. Since that date until the end of the year

3,197 rats have been destroyed by residents and paid for by the Council at the rate of a penny or twopence a head, making a total of 3,252.

It was suggested by the Local Government Board that this district and four neighbouring districts should combine for the purposes of rat destruction, but in view of the excellent work already being carried out and the difficulties of apportioning the expense, it was decided that individual action on the part of the Councils concerned was more satisfactory.

It is regrettable that some action cannot be taken to compel the destruction of rats on board ships which enter our harbours, since there is little doubt that importation of rats from foreign ports is constantly taking place, and this is no doubt a source of inconvenience if not of loss and danger to the community.

WATER SUPPLY.

The Water Supply of the district is obtained, as stated in my previous reports, from a deep well situated in Lower Trimley, upwards of three miles from Felixstowe. The reports of six analyses show that the water is of unimpeachable organic purity and perfectly wholesome for drinking purposes. It is, however, distinctly hard in character, containing about 19 degrees of temporary and four of permanent hardness. It was noted in my report for 1909, that there had been much complaint of a rusty deposit of hydrated oxide of iron which was due to the oxidation of soluble bicarbonate of iron present in the water as it emerged from the chalky strata in which the spring is situated. In that year the Water Company, at considerable expense, installed a Patent Filtering Apparatus, designed to oxidise and remove the soluble iron from the water before pumping it into the reservoir. The process has apparently only

been partly successful as some deposit still takes place in the mains, and complaints are still occasionally received of the turbidity of the water.

The following figures represent the results of the water analyses :—

(1) Total solids in solution varied in the six samples from 46.4 to 51 grains per gallon.

(2) Free ammonia varied from nil in five samples to .0011 grains per gallon in one.

(3) Albuminoid ammonia varied from nil in four samples to .0014 and .0046 in two.

(4) Chlorine from 16 to 16.4 grains per gallon.

(5) Nitrogen both as nitrates and nitrites was absent in all the samples.

(6) Oxidizable organic matter represented as oxygen absorbed in four hours varied from .0028 to .013 grains per gallon.

(7) Iron in solution varied from .007 to .034 grains per gallon.

(8) The hardness before boiling was 19 degrees in four of the samples and 18.8 in the remaining two, while the permanent hardness varied from 3.4 to 5.4 degrees.

Two of the samples were taken directly from the mains and both of these contained a turbid rusty deposit of iron oxide, the remainder from the taps of various houses in the district being bright and clear.

It is obvious from the above analyses that the organic purity and wholesomeness of our water supply is beyond question, but that the success of the Patent Filters in removing the iron from the water is far from complete. The variation in the permanent hardness is difficult to explain.

SEWAGE DISPOSAL.

The Hydropneumatic system of pumping the sewage into a rising main from which it flows into the estuary of the Orwell has now been in use for upwards of 20 years in our district, and there is ample reserve power at the pumping station. The growth of the district has however necessitated the installation of another ejector, which is to be placed in a chamber beside that now in use at the foot of the Bath Hill.

The Water Carriage System is almost universal in the district, only a few of the outlying houses with large gardens retaining their earth closets. The following details of completed sanitary work have been supplied to me by the Surveyor :—

New Sewers constructed	410 yards.
Surface Water Drains	355 ,,
Sewer Connections	19
Surface Water Connections	3
Nuisances abated	28
Rooms disinfected (in 27 houses)	58
Privies emptied	20
Cesspools emptied	110

Sixty-four new houses have been erected on plans approved by the Council, and subject to inspection by the Council's Officials as detailed in my last report.

Inspections have been made of various premises as occasion has arisen, and in addition to these, 63 houses have been systematically examined and reported upon according to the form required by the Local Government Board in the "Housing and Town Planning Act of 1910." All of these houses have been proved to be satisfactory from a sanitary point of view, and no additions or alterations have been required.

The Factories and Workshops have been systematically inspected, the details being given on the tables accompanying this report.

SLAUGHTER HOUSES.

The Slaughter Houses have been regularly inspected, and are all adequately supplied with water and properly drained.

Limewashing of the walls is required every three months and oftener if the Sanitary Inspector considers it necessary. In only one instance has it been necessary to order abatement of a nuisance in connection with a Slaughter House, and in this case the order referred to an insanitary closet in the yard, and a bullock pound in which manure had been allowed to accumulate. I would again, however, point out the undesirability of Slaughter Houses in the midst of a thickly populated district, and the inhumanity of keeping animals, even for a day or two, in the proximity of the place where slaughtering is done.

BAKEHOUSES.

The Bakehouses have also been subject to regular inspection, and in two cases only has an order been required for the abatement of nuisance. All the Bakehouses are clean, well kept, properly drained and ventilated. The two underground Bakehouses mentioned in my last report have been allowed to remain for the reasons there stated.

DAIRIES.

The Dairies are clean and well kept, and the Cowsheds adequate in size, ventilation, draining and arrangements for milking. No order has been required in connection with the Dairies which have been found perfectly satisfactory at every inspection.

The Milk analyses have been satisfactory in every way.

As will be seen from the perusal of this report, the general Health of the district has been very good, and the reasons for this are no doubt greatly dependent upon the climatic and geological conditions of Felixstowe, which were dealt with in my report for the year 1910. These are aided, moreover, by the fact that most of the smaller dwellings have been comparatively recently built in accordance with modern views as to air space, ventilation and drainage, so that there are no insanitary areas.

My thanks are due to the Council for their help and support.

I am, Gentlemen,

Your obedient servant,

G. J. CONFORD, M.D., Oxon.,

Medical Officer of Health.

TABLE I.

FELIXSTOWE AND WALTON URBAN DISTRICT.

Vital Statistics of the Whole District during 1911 and Previous Years.

Year.	Population estimated to Middle of each Year.	Births.			Total Deaths Registered in the District.		Transferable Deaths.		Nett Deaths belonging to the District.			
		Uncorrected Number.	Nett.						Under 1 Year of Age		At all Ages.	
			Number.	Rate.*	Number.	Rate.*	of Non-residents registered in the District.	of Residents not registered in the District.	Number.	Rate per 1000 Nett Births.	Number.	Rate.*
1	2	3	4	5	6	7	8	9	10	11	12	13
1906	7550		158	20·9	74	9·8			15	94·9	83	10·4
1907	7990		138	17·4	71	8·9			6	43·4	75	9·5
1908	8300		160	19·2	85	10·2			18	112·5	87	10·4
1909	8550		144	16·7	81	9·4			13	90·27	83	9·7
1910	8825		145	16·4	76	8·6			10	68·9	76	8·6
1911	8667		150	17·3	76	8·7	11	7	9	60·0	72	8·3

* Rates in Columns 5, 7, and 13 calculated per 1000 of estimated population.

TABLE II.

FELIXSTOWE AND WALTON URBAN DISTRICT.

Cases of Infectious Disease notified during the Year 1911.

Notifiable Disease.	Cases Notified in Whole District.							Total Cases removed to Hospital.
	At all Ages.	At Ages—Years.						
		Under 1.	1 to 5.	5 to 15.	15 to 25.	25 to 65.	65 and upwards.	
Diphtheria (including Membranous croup)	6			5	1			
Erysipelas	3				1	1	1	
Scarlet fever	18		2	10	4	2		14
Enteric fever	1				1			
Phthisis	3				2	1		
Totals	31		2	15	9	4	1	14

TABLE III.

FELIXSTOWE AND WALTON URBAN DISTRICT.

CAUSES OF, AND AGES AT, DEATH DURING YEAR, 1911.

Causes of Death.	Deaths at the subjoined ages of "Residents" whether occurring in or beyond the District.							Total Deaths whether of "Residents" or "Non-Residents" in Institutions in the District.
	All ages.	Under 1 year.	1 and under 5.	5 and under 15.	15 and under 25.	25 and under 65.	65 and upwards.	
1	2	3	4	5	6	7	8	
Diphtheria and Croup	1			1				1
Influenza	1					1		
Cerebro-Spinal Fever	1			1				
Phthisis (Pulmonary Tuberculosis) ..	5				1	4		
Tuberculous Meningitis	1		1					
Other Tuberculous Diseases ..	1				1			
Cancer, malignant disease	7					4	3	
Bronchitis	3		2				1	
Pneumonia (all other forms) ..	3					3		
Other diseases of Respiratory Organs	2					2		
Diarrhœa and Enteritis	4	3	1					
Appendicitis and Typhlitis ..	1			1				1
Nephritis and Bright's Disease ..	5					3	2	
Other accidents and diseases of Pregnancy and Parturition ..								1
Congenital Debility and Malformation, including Premature Birth ..	4	4						
Violent Deaths, excluding Suicide ..	2	1				1		
Suicides	1				1			
Heart Disease	7			2	1		4	
Other Defined Diseases	23	1		2		5	15	2
All causes	72	9	4	7	4	23	25	5

TABLE IV.

FELIXSTOWE AND WALTON URBAN DISTRICT.

INFANTILE MORTALITY DURING THE YEAR 1911.

Deaths from stated Causes in Weeks and Months under One Year of Age.

Causes of Death.	Under 1 Week.	3–4 Weeks.	Total under 1 Month.	1–3 Months.	3–6 Months.	6–12 Months.	Total Deaths under 1 Year.
Diarrhœa					2	1	3
Premature Birth	2	1	3				3
Atrophy, Debility and Marasmus		1	1				1
Suffocation, overlying				1			1
Other causes					1		1
Totals	2	2	4	1	3	1	9